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IN THE ABSTRACT:

Please amend the abstract of the disclosure presently on file as follows:

-- A system for lifting and moving an object includes a vertical post (2), having a lifting arm (38) rotatably connected thereto for rotation about a vertical axis thereof. The vertical post includes a weight (5) acting as a piston connected to a carriage (50) slidably mounted on the lifting arm, such that operation of the weight can lower and raise the object. --